

Contact us

We believe that we are the last facility that you or your loved one will need to visit, as we will offer you the best chance of getting through this. If you need help for yourself or a loved one, please get in touch.

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HARMONY

ADDICTION & PSYCHIATRIC CARE

Welcome to Harmony

We are here to help people struggling with addiction and their mental health. With over a decade of rehabilitation experience, our client-centred programme gives you the very best chance of making a full recovery the first time around. We provide treatment that focuses on person-centred care, engagement, skill development and trauma-focused interventions. We strive to ensure that people have choices and become an active voice in their treatment. We are the facility of choice, which we believe is due to our compassionate team, ideal setting and world-class programme.

We're here to help you or your loved one.
What can we do to help?

We offer people the best chance of getting through addiction. We offer holistic therapy for substance abuse that helps people to rebuild their lives and return home to their loved ones. We treat people suffering from the chronic and progressive addiction to alcohol, heroin, cocaine, ecstasy, marijuana, tik, prescription drugs, as well as food, sex, gambling and other process addictions.

In everything we do, the team at Harmony are professional, compassionate, welcoming, solution-orientated, non-judgemental and caring. Our programme is client-centred,

but we recognize that rehabilitation is a team effort, so we work hand in hand with the families of clients, as well as employers and referring professionals.

Our rehabilitation programme is globally aligned, scientifically proven

and at the forefront of rehabilitation research, combining the treatment of mental health and substance abuse. This, supported by an ideal location and supportive staff, gives our clients the very best chance of making a full recovery the first time around.



10 Reasons clients choose us

Over a Decade of Experience

We have over a decade of experience, giving people suffering from addiction the very best chance of recovery.

Dual Diagnosis Rehab Facility

We are a fully licensed facility in South Africa, able to treat clients with substance use disorders and/or mental health concerns, thereby focusing on all of the client's needs.

Medical Aid Covered and Facilitated

A big barrier to rehabilitation programmes is the cost. We work with most medical aids to cover drug and alcohol rehabilitation and psychiatric treatment. This means you have access to the best care, without the prohibitive cost. What's more, we will take care of all the administration and paperwork so you don't have to.



Registered and Certified

We are registered with the Department of Health and the Department of Social Development, as well as being a member of the National Hospital Network and the Psychiatric Focus Forum.



Ideal Location and Facility

We are based in the scenic valley of Hout Bay in Cape Town, surrounded by mountains and ocean. Our facility offers comfortable accommodation with the option of a private room, good food, a tennis court, gym and swimming pool. In addition, clients have access to our beautiful surroundings, including walks on the local beaches and nearby mountain hikes. All of this forms part of the daily treatment programme.



Trauma-Informed Addiction Treatment

Addiction is often linked to underlying trauma. This is usually unpacked in the first few weeks of rehabilitation and we offer a secondary care programme focussing on addressing this trauma. Research shows that clients who spend a longer time in a rehabilitation programme, have a better chance of success and leading happy lives.



Specialised Detox Unit

We are one of the few facilities with a specialised medically managed detox unit with 24-hour care.



Comprehensive Interdisciplinary Team

We are made up of leading psychiatrists, experienced Detox GP's, psychologists, occupational therapists, social workers, addiction counsellors and registered nurses. Every team member represents what we stand for – caring, compassionate, professional, experienced and competent.



Inclusive of Family and Employers

We work hand in hand with our clients' families, employers and referring professionals to enhance the chance of a success story.



Here for life

Our intention is to be the last rehabilitation facility a client will ever visit. They will either make a full recovery first time round or they will continue their recovery process with us. Either way, we are always here for them.



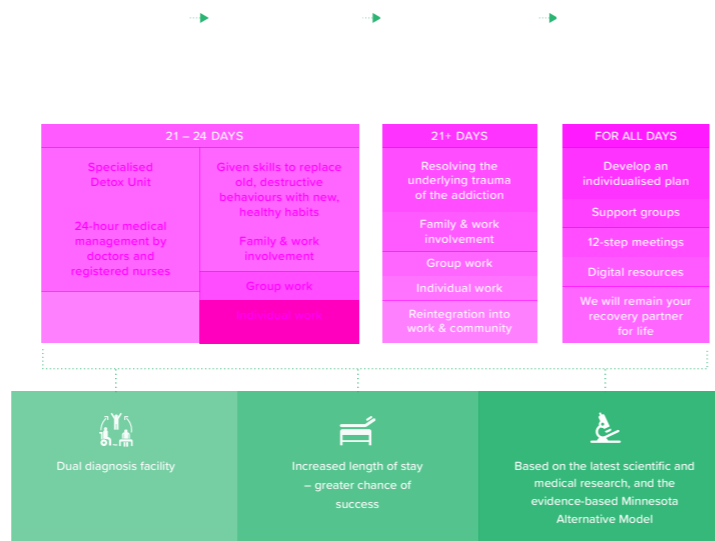
Our dual-diagnosis programme

We take a scientific and medical approach to our rehabilitation programme. Combining the latest research in drug and alcohol addiction and the Minnesota Alternative Model of Addiction Treatment, we help our clients to rebuild their lives and return home to their loved ones. Dialectical Behaviour Therapy (interpersonal effectiveness, distress tolerance, emotional regulation and mindfulness skills) is a key focus area. We intentionally create time in the programme during which patients are able to practise and experience mindfulness, for example, daily beach walks and daily meditation.

The programme begins with a medically managed detox. We are one of a handful of facilities in South Africa with a specialised detox unit. We believe that this is a critical stage of starting the recovery process. Our treatment team addresses substance abuse, mental health and trauma issues at the same time. We help clients to understand how past and current experiences affect their choices and behaviour. Addiction is often linked to underlying trauma, which is usually unpacked in the first few weeks of rehabilitation, and we offer a secondary care programme focussing on addressing this trauma. This often means an extended stay.

Our driving force is for clients to lead happy and healthy lives after the programme and always feel part of our family. Working together, therapists and clients develop a Continuous Care programme that connects them with support groups and other resources within and outside of Harmony. We have many resources for clients and their loved ones, and there is a large community of past clients who regularly meet and offer one another support.

Our 4-step linear approach ensures the best chance of success





Good mental health is a right. While it's normal to worry, feel sad, upset or have difficulty dealing with negative emotions from time to time, this usually passes.

But for some of us, these feelings don't resolve on their own. They worsen with time and lead to long-term mental health issues like depression, anxiety, mood disorders, adjustment disorders, obsessive-compulsive disorder, PTSD and many more.

It's what we call a mental health condition. It's a disorder that negatively impacts your thoughts, mood, behaviour and overall wellbeing. But it doesn't define you.

And if you've been suffering in silence, break the cycle. Struggling with your mental health is not a dirty little secret that you have to guard at all costs. No one is judging you.

Mental health disorders are treatable, and you can make a lasting recovery. We'd like to see you through this journey.

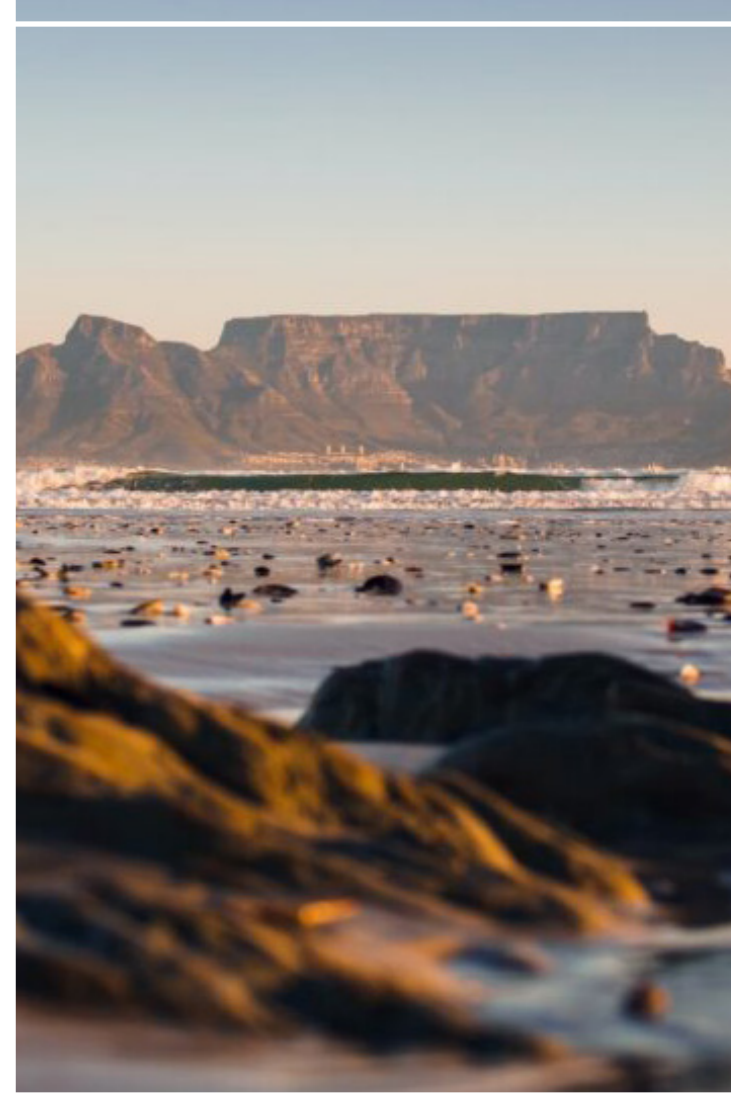
At Harmony, we provide the best mental health treatment available, helping you to heal and embrace the life you've always wanted in a safe and supportive environment.

We cater to those in a psychological crisis brought on by a traumatic event, life stressors, an underlying psychiatric vulnerability, a chronic illness or a combination of these factors.

No two people are alike, which is why we provide a bespoke treatment plan designed to treat the immediate problem. And we help you and your loved ones to plan your life post-discharge.

While our immediate focus is to provide relief from the symptoms of psychiatric illnesses, our ultimate goal is to help you change the direction of your life.

Sustainable mental health doesn't have to be a dream. Make it your reality. Choose Harmony.





Have you hit rock bottom?

If you suffer from depression, bipolar mood disorders, anxiety, PTSD, adjustment disorders, personality disorders, psychotic disorders, trauma and self-harm behaviours, ask for help.

You don't have to be afraid or feel broken and helpless. Our interdisciplinary team is here to empower you and help you on your journey to healing.

We offer care that encompasses the complete bio-psycho-social-spiritual approach. It's a flexible patient-centred approach coordinated by dedicated teams to deliver world-class mental health care.



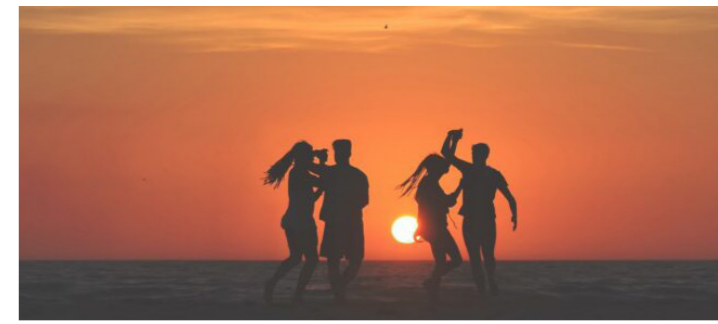
- Addresses symptomatic relief for you.
- Identifies and treats the underlying factors that lead to psychological distress.
- Teaches you to replace unhealthy behaviours such as self-imposed isolation, self-harm, substance abuse, aggression and suicidality, with healthy coping mechanisms.
- Advises alternative lifestyle changes needed to enable long-term and sustainable mental health.



- To give you the best care, we coordinate and integrate our counselling and therapeutic activities.
- We plan and regularly review your healing journey to ensure you achieve your goals and meet outcomes.
- We consistently search for new and improved ways to treat our patients.
- We recognise that mental health is complex, and no patient is the same. It's why we consider a broader framework when addressing the individual needs of you, our patient. We take the whole person, not just their psychiatric diagnosis, into consideration.



- At Harmony, Dialectical Behaviour Therapy and specifically the development of mindfulness is a key focus area. So we intentionally create time in our programme for you to practise and master this vital skill.
- We know that trauma is a leading cause of mental illness, so we'll work closely with you to identify past trauma and deal with it effectively during your stay.
- While most of the therapy occurs in therapeutic groups, you'll also attend individual sessions with your assigned therapist. During these sessions, you'll be given personalised assignments to work on. Conjoint sessions, whether via Skype or in-person with those in your immediate family or social support circles, will be arranged to guarantee everyone works towards a common goal.



Our team

Our team is made up of leading psychiatrists, experienced Detox GP's, psychologists, occupational therapists, social workers, addiction counsellors and registered nurses.

Every team member represents what Harmony stands for – caring, compassionate, professional, experienced and competent.



Our facility

Harmony can be found in the beautiful village of Hout Bay in Cape Town. We are surrounded by mountains and the sea, offering a tranquil environment for rehabilitation.

Clients can make use of our gym, swimming pool and tennis court, as well as the table tennis and pool table in the games room. Apart from the programme activities, clients can go for mountain hikes, walks on the beach and a variety of other expeditions. For those who wish, a private suite can be arranged.



What our clients had to say

On this day exactly 6 months ago I walked into Harmony afraid, broken and hopeless. I couldn't see a way out of my addiction after failing to recover so many times in 15 years. I want to say thank you to Harmony for showing me there is a way out from the darkness of active addiction and there is light on the other side. I'm eternally grateful to all the staff and counsellors, especially Michelle, Thank You. With this said I'm looking forward to the next 6 months ahead and hopefully many more years of real living.

A HUGE thank you again to Harmony for giving me a great start to my new life on sobriety. You guys made me see what life would be like without the use of drugs & other mind-altering substances, and for that I am eternally grateful.

On this day 4 years ago I entered the gates to Harmony needing a new way of life but very much in denial of that fact. Through patience and perseverance I was able to find a new way of life and today 4 years later I still want to live this new way of life more than ever. What addiction took from me recovery is giving back to me one day at a time. I am forever grateful to Harmony and to everyone who has been a part of my journey.

2 years ago, I stepped through your doors and started another chapter in my recovery journey. What a time it's been since then... my own son was resuscitated back to life, I hit rock bottom, went into treatment for a year and he's now 1yr 5m C&S himself now, me being very ill, brain tumour, losing my brother to cancer, leaving my job of many, many years as I just knew there's more to life and also finding a mature and recovery-based love relationship during the past year! Getting used to being treated so well was really difficult. Learning to trust, be vulnerable, honest and secure....scary stuff!! Ups and downs I wouldn't have made it through had I not got the tools I did at Harmony.

Thank you so much and especially for your patience as I had real asshole behaviour when I was there. Thank you for your patience with me and thank you and all the other staff for all yr gifts and wisdom. They are so appreciated and I am so grateful. Xxx

I have so much to be thankful for, and so many people I have to thank for keeping me focused on sobriety. Being clean & sober is absolutely amazing!!

